

## Level 6 - Soft and Bite-Sized Diet

Information for patients, relatives and carers

6





## Description / Characteristics

- Chewing is required before swallowing.
- Soft, tender and moist throughout but no separate thin liquid.
- Biting is not required as food is prepared to bite sized – 1.5cm x 1.5cm pieces.
- Can be eaten with a fork, spoon or chopsticks.
- Can be mashed /broken down with pressure from fork, spoon or chopsticks.
- A knife is not required to cut this food, but may be used to help loading a fork or spoon.
- Sample squashes and does not return to its original shape when pressure is released.

## Food size

All level 6 foods must be chopped into bite-sized pieces not exceeding 1.5cm x 1.5cm, before eating.



## Test Methods

### Fork/Spoon test

- Pressure from a fork or spoon held on its side can be used to 'cut' or break this texture into smaller pieces.
- Food squashes and does not return to its original shape when pressure is released i.e. squashed with a fork, spoon or between fingers.

## Food Textures to Avoid

Textures which are hard, tough, chewy, fibrous, have stringy textures, pips/seeds, bones or gristle.

Food textures to avoid	Food Example
Mixed thin + thick	Soup with pieces of food
Lumpy	Mashed potato
Hard or dry	Dry cereal
Tough or fibrous	Steak
Chewy	Sweets
Crispy	Crackling
Crunchy	Raw vegetables
Sharp or spiky	Crisps
Crumbly	Dry biscuits
Pips	White of an orange
Skins or shells	Grapes
Husks	Shredded wheat
Bone or gristle	Fish bones
Round long shaped	Sausage
Sticky or gummy	Nut butter
Stringy	Beans
Floppy	Lettuce
Crusty	Cheese topping
Juicy	Watermelon

No regular dry bread due to high choke risk. See <http://www.youtube.com/channel/UC019FDjwJR0L5svlGCvlgHA/featured?reload=9> for instructions on how to make a level 5 Minced and Moist sandwich. as this is also suitable for use on Soft and Bite-Sized diet.

## Meal preparation tips:

- It is important that meals look attractive and appetising
- To maintain their nutritional quality always enrich foods with nutritious fluids, e.g. gravy, sauces, milk or juices.

## Check before serving/eating

- No hard pieces, crusts or skins have formed during cooking/heating/standing
- Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.

## How to have a balanced diet:

**To maintain health, it is important to eat a balanced diet, therefore try to include the following food groups and portions:**

- Carbohydrates: e.g. potatoes, rice, pasta, and cereal (include a portion at each meal / 3 portions per day)
- Protein: e.g. fish, meat, chicken, eggs, lentils/pulses, meat alternatives, e.g. tofu or Quorn (2-3 portions per day)
- Fruit and vegetables: e.g. banana, strawberries, carrot, broccoli (5 portions per day)
- Dairy: e.g. cheese, yoghurt, milk or alternatives (3 portions per day)
- High fibre: e.g. oats and wholegrains and fruit (include a portion at each meal / 3 portions per day).

## Suitable menu ideas:

### Breakfast:

- Soft fruit (e.g. banana, tinned peaches, raspberries, stewed apple and smooth yoghurt/fromage frais)
- Weetabix, rice crispies or cornflakes with fully absorbed milk and soft fruit
- Porridge or instant oats with milk and soft fruit
- Homemade smoothie (e.g. fruit, oats and milk)
- Scrambled, boiled or poached egg, beans, skinless sausage, chopped tomato and potato.



## **Light meals:**

- Cream of soups (check fluid recommendations) with bread blended into the soup
- Omelette with cheese sauce
- Jacket potato filling with tuna mayonnaise, baked beans or cream cheese
- Tinned pasta meals e.g. ravioli, macaroni cheese, pasta bolognese
- Filling of a quiche.

## **Main meals:**

Ensure to have a portion of protein, carbohydrate and vegetables.

- Pieces of soft tender meat (1.5cm x 1.5cm)
- Stews/casseroles
- Corned beef hash
- Cottage/shepherd's pie
- Bolognese sauces with pasta
- Chilli con carne with rice
- Chicken curry with rice
- Tender cooked vegetables cut into 1.5cm x 1.5cm pieces
- Flaked fish or salmon with potatoes, vegetables and parsley sauce.

## **Make your own meals:**

- Pieces of soft, tender meat (1.5cm x 1.5 cm) or alternative with sauces, e.g. white or cheese sauce, gravy, cranberry, mint or horseradish
- Flakes salmon with hollandaise sauce or white fish with parsley/butter sauce

Served with:

- Mashed potato, sweet potato or rice
- Tender cooked vegetables cut into 1.5cm x 1.5cm pieces.

## **Desserts:**

- Crème Caramel
- Mousse or instant whip
- Milk puddings: semolina/ground rice
- Yoghurts
- Soft fruit
- Trifles
- Panacotta
- Fruit fool
- Cheesecake topping
- Egg custard filling
- Plain cake with cream or custard
- Dunked and soaked plain biscuits.



## What if I need to gain weight?

- Eat on a little and often basis
- Add additional double cream, sauces, butter, cheese, dried milk powder, or full fat milk or enriched milk to your meals and instead of your meals and desserts
- Add sugar, jam, honey or syrups to cereal and desserts
- Avoid all low fat or 'light' products
- Use full fat or thick and creamy food products
- Try to have a dessert or high calorie snack between meals
- Try to have a dessert, or pudding after main meals
- Avoid drinks just before meals
- Try to have milky/nourishing drinks between meals.



## Getting help:

If you notice changes to your own swallow (eating / drinking), or that of an individual you support or care for, please contact your local Speech and Language Therapy Team for advice.

### **Doncaster Speech and Language Therapy Service**

01302 796336

If you notice a reduction in appetite or weight, or that of an individual you support or care for, please contact your local Dietetic Team for advice.

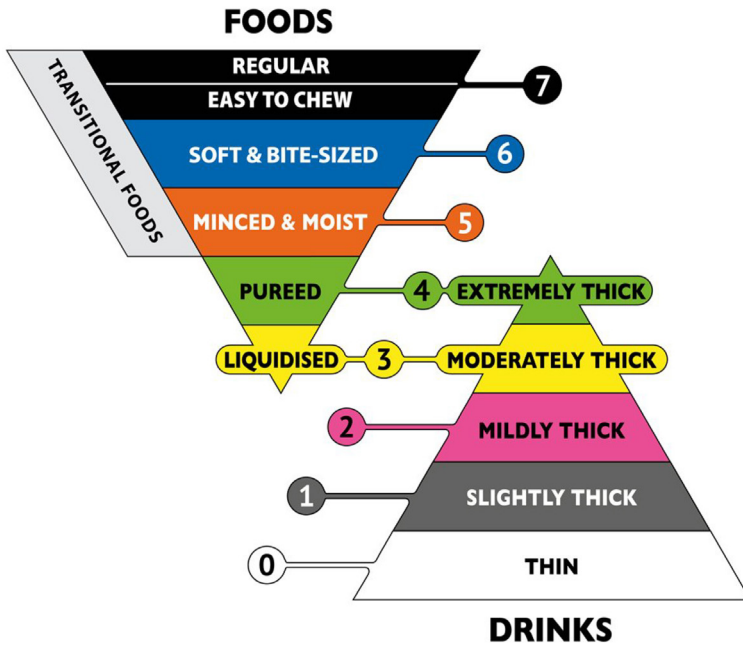
### **Doncaster Dietetic Service**

01302 796410

### **Adult Learning Disability Team Speech and Language Therapy Service**

01302 796467

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#### Amharic

ይህን ደብዳቤ በግልጽ እንዲታይዎት በብራይል ተጽፎ ለደም በቲፕ ተቀድቶ ለሌላ ቋንቋ ተጽፎ ለግድግ የሚፈልጉ ከሆነ የበዙተኞች ምክርና ግንኙነት እንልግሎትን በዚህ ቁጥር 0800 015 4334 ደውሎ ያገኙ።

#### Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الإتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

#### Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজন্স সার্ভিসের সাথে যোগাযোগ করবেন।

#### Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

#### Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

#### Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

#### French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

#### Kurdish Sorani

ئەگەر تۆم نەم زانیاریانە بە چاڵی گەورە، بە برایل یان لەسەر شریتی دەنگی دەخوازیت یاخود نەم بەلگەنامە بە زماڤێکی دیکی دەخوازیت، تکایە پەیوەندی بکە بە خزمەتگۆزاری زینماپی و هاوناھەنگی نەخۆشەو بە ژمارە 0800 015 4334.

#### Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

#### Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੁੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਥਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

#### Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

#### Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

#### Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہتے ہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیٹینٹ ایڈوائس اینڈ لیاؤن سروس سے 0800 015 4334 پر رابطہ کریں۔

#### Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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